



# Adjusting After Your Baby is Born



## Postpartum Depression

### Where can I get help for postpartum depression?

The following are suggested resources for postpartum depression:



- Distress Line Peel (24-hours)
- Mobile Crisis Team Peel (24-hours)
- Credit Valley Hospital -Reproductive Mental Health Program
- Telehealth
- Canadian Mental Health Resources – Peel Branch
- Peel Health

- 905.278.7208
- 905.278.9036
- 905.813.2200
- 1.866.797.0000
- 905.804.0123
- 905.799.7700



Peel Postpartum Mood Disorder Program website:  
<http://www.pmdinpeel.ca/>



Click here to download a 'Life with new Baby' booklet from Best Start by visiting [http://www.lifewithnewbaby.ca/index\\_eng.htm](http://www.lifewithnewbaby.ca/index_eng.htm)

